

# TIPS TO REMEMBER WHAT YOU READ

1. **Pre-read and Summarize:** The first sentence of a paragraph lets you know what the paragraph is about. The last sentence wraps it all up. Read the first and last sentences of each paragraph before filling in the details by reading the entire paragraph.
2. **Visualize:** Try to picture what you are reading. A mental image gives your brain another way to process the information.
3. **Read Aloud:** Bring the passive act of reading to a more conscious level by reading out loud.
4. **Take Notes:** Summarize each paragraph as you read. Often just the act of note-taking improves recall and you may not need to refer to the notes later.
5. **Move:** Studies show that participating in a motor activity while trying to learn information improves memory.
6. **Listen To Music:** The tempo of baroque and classical music activates both the right and left brain simultaneously, maximizing learning and retention of information. This type of music also releases neurons in the brain which helps the body to relax.

### Memory and Attention Apps

- Magic Attention Booster
  - Try to point out what in a picture is changing
- iSays
  - Simon Says
- Maximum Memory, Memory Games, Awesome Memory
  - Basic memory matching game
- BrainChallenge2, Brain School, Amazing Brain ; Fit Brains, brainHQ, Total Recall
  - Has some of everything, logic, math, memory
  - Multiple levels
- Sketchy Memory. Memory Challenge. Fuzzy Memory, Memory Lite
  - Remembering the order of presented items

Apps to help you study:

Study blue

- Flashcards (text, picture, and audio), need an internet connection
- Study filters so you can study what you've been getting wrong
- You do need an account but it's free

Flashcards\*

- Text based flashcards
- Can create a free account or skip it
- Star desired flashcards and only study those

Apps to help Organize your schedule:

My Homework, + ClassesLite,

- Focuses on school schedule and assignments

iStudiezLite

- can integrate in your iTouch calendar

P. Schedule/Pocket schedule

- not limited to entering in assignments and classes

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